

EMERGENCY FIRST AID & IMMEDIATE CARE TRAINING

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EMERGENCY FIRST AID TRAINING

The minimum qualification for an EFA involved in rugby is a Level 3 First Aid Qualification (based on the Regulated Qualifications Framework (RQF)) or equivalent, e.g. Emergency First Aid in Rugby Union or Emergency First Aid at Work.

Whilst the RFU's Emergency First Aid in Rugby Union (EFARU) course is recommended other Level 3 First Aid and equivalent qualifications are accepted and recognised for EFAs covering rugby activity.

Individuals with external first aid qualifications (i.e. not the EFARU) are able to self-certify and add such qualifications to their RFU GMS profile, using the self-service tool in the qualifications section.



USEFUL INFORMATION AND LINKS

More information is available in the **RugbySafe Emergency First Aid Training Information Toolkit**.

EMERGENCY FIRST AID IN RUGBY UNION COURSE

The Emergency First Aid in Rugby Union (EFARU) course is a rugby specific first aid course developed by the RFU. The course is designed for coaches and other volunteers designated as a first-aider and responsible for providing pitch-side cover at both training and matches.

WHAT DOES THIS QUALIFICATION COVER?

The **Emergency First aid in Rugby Union (EFARU)** course will provide learners with the skills, knowledge and understanding required to give care, manage life-threatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment. Learners will be able to assess an incident, recognise the signs and symptoms of the injury or illness, and, in a safe and effective manner, assist a casualty who is suffering from injury or illness.

The **EFARU** course covers conducting a Primary Survey, Basic Life Support skills and injury reporting as well other First Aid skills including:

- > Cardiopulmonary resuscitation [CPR]
- > Concussion and head injuries
- > External bleeding
- > Minor injuries
- > Shock
- > Spinal injuries

WHY CHOOSE THIS COURSE?

The EFARU sits on the Regulations Qualifications Framework (RQF) and is awarded by **Qualsafe** providing a nationally-recognised qualification that is transferable to the workplace and other sports.

Like other equivalent First Aid courses the EFARU qualification is valid for three years.

COURSE DETAILS FOR 2023-24 SEASON

Duration: One Day (6.5 hours) or Split Course (2 x 3 hours)

Price: £55 per person

Minimum Learner Age: 18 years old

To attend the course, an **e-learning pre-course module must be completed** before attending the face to face session.

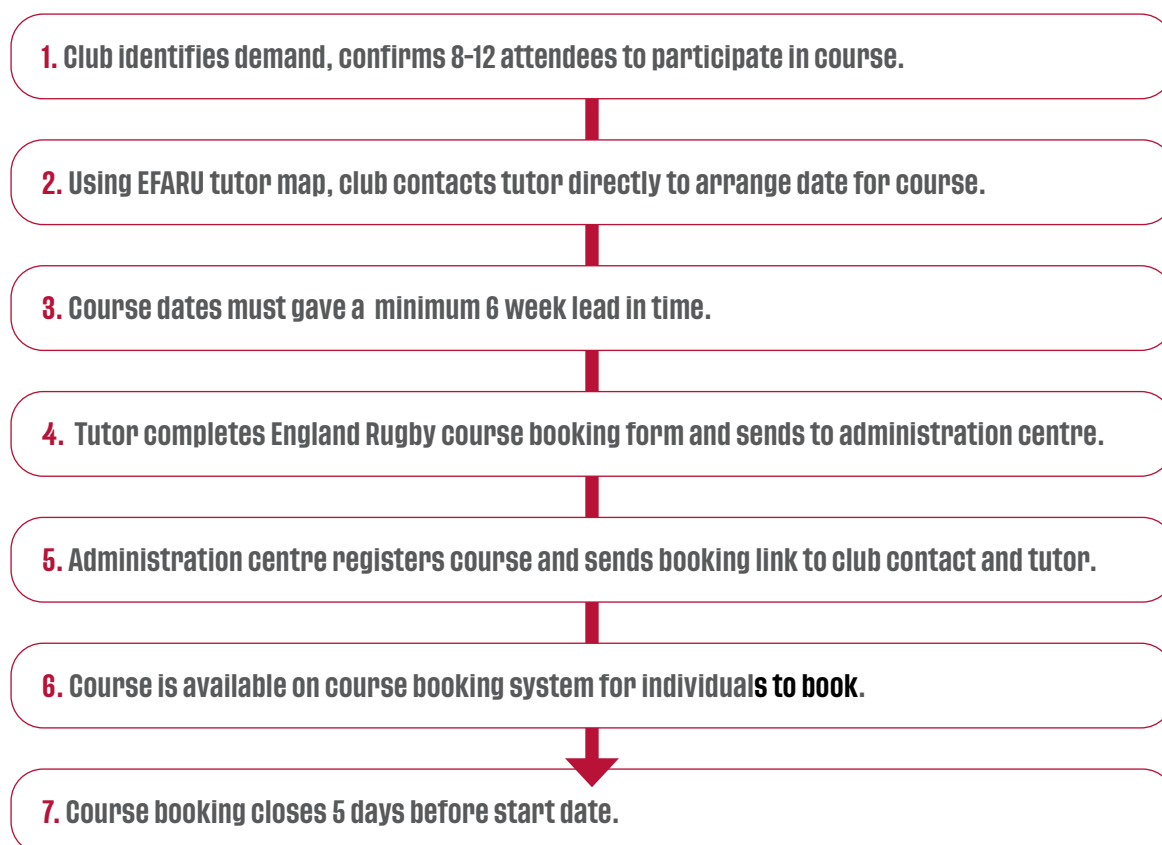
HOW TO ORGANISE AN EFARU FOR A CLUB

A club, school, college or university can organise an EFARU course, to train their volunteers to ensure they have appropriate provision across the club's age groups and teams by using the **EFARU tutor map** and follow the process within the diagram below.

A minimum of 8 learners is required for a course to run, with a maximum of 12 learners per course. Where clubs don't have the minimum numbers, the course can be opened up to other clubs/members of the public (see 'other ways to get on an EFARU course', point 2 below).

Where clubs have more than 12 learners, the course will have to be split into multiple courses.

EFARU BOOKING PROCESS



VENUE SPECIFICATION

In order to host a course the club/venue must ensure availability of:

- > Exclusive use of a room with tables and chairs set up for 12 learners plus adequate space for indoor practical activity
- > Access to projector, screen/TV and flipchart
- > Access to toilet facilities.

OTHER WAYS TO GET ON AN EFARU COURSE

- 1.** Some CBs schedule in courses throughout the season, please contact your CB RugbySafe Lead or go to the RFU Course Search to find other courses already running in your local area.
- 2.** Where a club has organised a course (see point 1) and there are spare places available, these will be advertised on the RFU Course Search.

EFARU TRAINING RESOURCES

The Emergency First Aid in Rugby Union (EFARU) Training video series has been produced to support the First Aid in Rugby Union face to face course. The EFARU video series covers the main emergency first aid topics and demonstrates how to carry out key first aid skills.

PLEASE NOTE:

The EFARU training videos are NOT a replacement for the face to face EFARU course.

It is essential that anyone who is going to take on the role as a first aider in rugby is appropriately qualified to a minimum of Level 3 Emergency First Aid or equivalent. Clubs, schools, colleges and universities are recommended to organise six monthly or annual refresher training for first aiders in between the 3-year qualification renewal.

The EFARU videos can also be used as part of this refresher training to ensure first aiders remain able and competent at carrying out key first aid skills.



USEFUL INFORMATION AND LINKS

Visit the [RugbySafe Emergency First Aid Training Resources Toolkit](#) to access the free training resources.

OTHER FIRST AID COURSES – GENERAL INFORMATION

Clubs and other rugby organisers organising alternative Emergency First Aid training, should consider the following to ensure meet the minimum requirements:

- > What qualification is awarded? The recommended minimum level is equivalent to a Level 3 qualification, e.g., Emergency First Aid at Work.
- > Courses of this level should take a minimum of 7 learning hours (usually a one-day course).
- > Who is the recognised awarding body for the qualification?
- > Be recognised on the RQF and/or self certified by the training provider, in either case this should be acknowledged with a certificate from the recognised awarding body.
 - > The assessment criteria should be competency-based.
 - > All courses should have a quality assurance process.
- > Does the course cover basic first aid and life support skills along with both common rugby injuries (such as concussion) and rare but serious injuries (such as spinal injury) in sufficient detail?
- > How many people will be in the training session? (suggested maximum: 16 per trainer)
- > What insurance does the trainer have? (e.g. personal liability cover)

The **Health & Safety Executive** provide guidance on identifying an appropriate training provider.

As the independent qualifications regulator for England, **Ofqual** provide more guidance on appropriate training providers and a register of recognised first aid qualifications.

PLEASE NOTE:

Whilst equivalent Level 3 qualifications are recognised and accepted for an EFA, the RFU does not endorse other courses or approve any other first aid course providers.

IMMEDIATE CARE TRAINING

The RFU's Pre-Hospital Immediate Care in Sport (PHICIS) courses are rugby union specific courses that provide training for healthcare professionals and allied healthcare professionals working within sport.

Other immediate care qualifications are accepted however, the course must be endorsed by the Faculty of Pre-Hospital Care and the content must be appropriate for sport.

Other approved courses include:

- > FA - Advanced Trauma Medical Management in Football (ATMMiF)
- > RFL - Immediate Medical Management on the Field of Play (IMMFoP)
- > Scottish Rugby - Medical Cardiac & Pitch Side Skills (SCRUMCAPS)
- > BASICS Immediate Care Course

For the avoidance of doubt, hospital based Advanced Trauma Life Support (ATLS) or Advanced Life Support (ALS) courses do not meet these standards. It is the satisfactory completion of endorsed immediate care training course that determines the suitability of an individual to work in this area and not their health care practitioner training.

USEFUL INFORMATION AND LINKS



For more information on the role of the ICP and PHICIS courses visit [RugbySafe Immediate Care Practitioner Toolkit](#).

PRE-HOSPITAL IMMEDIATE CARE IN SPORT COURSE (PHICIS) LEVEL 2

The RFU's Pre-Hospital Immediate Care in Sport Level 2 course is a rugby union specific course that covers the immediate care training needs of healthcare professionals working within rugby.

The PHICIS Level 2 is a one-day course, aimed at those HCPs/Allied HCPs working in the community game (Level 3 league teams and below and CB representative rugby).

The accreditation for the Level 2 lasts for two seasons. For example if you attend a course in October 2023, the qualification is valid for the entirety of both the 23/24 and 24/25 season.

For available PHICIS Level 2 course dates, venues and costs please visit the [RugbySafe Immediate Care Practitioner Toolkit](#).

The PHICIS Level 2 course includes:

- > Access to online textbook and interactive learning modules
- > Practical workshops
- > Simulation training
- > Certification on successful completion
- > Endorsement by the Royal College of Surgeons – Faculty of Pre-Hospital Care.

The interactive learning module is an essential part of the preparation for the PHICIS course. When enrolled candidates must work through and complete all the chapters and questions 48 hours prior to attending the face to face training. It is advised candidates spend approximately 15 hours in completing the online interactive modules.

Please send any enquiries regarding the PHICIS Level 2 to: phicis@rfu.com

PRE-HOSPITAL IMMEDIATE CARE IN SPORT COURSE (PHICIS) LEVEL 3

The RFU's Pre-Hospital Immediate Care in Sport Level 3 course is a requirement for those HCPs/Allied HCP working within professional rugby, including the Premiership, the Championship and with national teams.

The standard cycle of accreditation and recertification is typically achieved by successfully completing the first two-day PHICIS course in season one, a re-accreditation course in seasons two and three, a re-certification course in season four with a re-accreditation course again in season five.

For PHICIS Level 3 course dates and more information contact: phicis@rfu.com



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